

Health Education Clinics

Last Updated Friday, 15 September 2006

Fall 2006

The innumerable benefits of a physically active and engaged life are within reach to us all.

Exercise Orientation

Meet with a certified fitness professional to discuss how to get started with an exercise program. Learn what type of programs, classes, testing and nutritional services the centers offer and how to best utilize them. Use your annual pass, punch card, or drop in fee to attend.

Sat, Sep 9, 9:00 a.m.

Wed, Sep 20, 5:00 p.m.

Sat, Oct 7, 9:00 a.m.

Wed, Oct 18, 5:00 p.m.

Sat, Nov 4, 9:00 a.m.

Wed, Nov 15, 5:00 p.m.

Sat, Dec 2, 9:00 a.m.

Wed, Dec 13, 5:00 p.m.

North Boulder Recreation Center Lobby

Sat, Sep 16, 9:00 a.m.

Thu, Sep 28, 5:30 p.m.

Sat, Oct 14, 9:00 a.m.

Thu, Oct 26, 5:30 p.m.

Sat, Nov 11, 9:00 a.m.

Sat, Dec 9, 9:00 a.m.

Thu, Dec 21, 5:30 p.m.

East Boulder Community Center Lobby

Aerobic Classes include step, toning, cycle, yoga, NIA, Kickboxing, and Jazzercise. Class schedules are at the front desk of each recreation center.

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Jazzercise

When you love your workout, results come easy. Jazzercise combines elements of jazz dance, resistance training, Pilates, yoga, kickboxing, and more to create truly effective programs for people of every age and fitness level.

Jazzercise participants may pay at the front desk or pay Jazzercise directly. A discounted fee of \$2.00 per class is available to annual pass holders. Punch cards are accepted. For more information on Jazzercise, fees and schedules call Mary Davis at 303-530-9154.

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Drop-in Yoga, NIA

Hour long all-level yoga classes can complement other exercise or training programs. Taking a registered session before attending the intermediate level classes is required. NIA classes involve non-impact cardiovascular dance and martial arts with a yoga cool down. For more information see the Yoga/NIA sections.

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BolderBOULDER Training Club

BolderBOULDER Training Club members receive a 10% discount on Parks & Rec annual passes and punch cards. This club offers a year-round solution for runners of all abilities to improve their running and look forward to a more rewarding BolderBOULDER each Memorial Day. Participants train and run in selected races year-round. Groups with similar abilities meet under the guidance of professionally-trained coaches. The club also has a partnership with the Boulder Center for Sports Medicine. Register at race@bolderboulder.com or call 303.444.7223.

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Pre- & Post-Natal Fitness

Cardiovascular and body sculpting exercises will help women retain and regain strength and tone. Babies that are too young for childcare can be brought to class. For more pre-post options check the yoga section.

Sept. 11-Oct. 23 7 classes

94875 Mon, 6:45-7:45 p.m.

North Boulder Recreation Center

\$42(R) / \$53(N)

Classes are pro-rated after session starts

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Red Cross First Aid/CPR New Material

CPR certification for infant, child, and adult plus community 1st Aid

certification.

94880 Sat, Sept. 16, 11a.m.-7 p.m. 1 class

94879 Sat, Oct. 7, 11am-7 p.m. 1 class

94878 Sat, Nov. 18, 11 a.m 7 p.m. 1 class

North Boulder Recreation Center

\$65(R) / \$81(N)

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Pre-Hab Classes

Prevent the need for rehabilitation due to an injury or chronic disease. Take responsibility for your health with injury prevention classes so you will not need costly and time consuming rehabilitation. Exercise, improve your diet and have age-appropriate preventative health screenings and tests.

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Back Care Class

Learn exercise and stretches to eliminate and prevent pain and soreness from work or exercise related activities.

Sept 12 -Oct 26 7 classes

94883 Tue/Thu 5:30-6:30 pm

\$42 (R) \$53 (N)

East Boulder Community Center

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Low Back, Knee, Shoulder Clinics

Learn exercises to improve joint function and reduce potential for injury.

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Back Clinic

Sept.13 1 class

94891 Th 5:30-6:30 p.m.

East Boulder Community Center

\$6(R)/\$8(N)

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Knee Clinic

Oct. 11 1 class

94886 Th 5:30-6:30 p.m.

East Boulder Community Center

\$6(r)/\$8(N)

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Shoulder Clinic

Nov 15 1 class

94887 Th 5:30-6:30 p.m.

East Boulder Community Center

\$6(R)/\$8(N)

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Stand Tall

Osteoporosis can be managed through certain types of exercise. Learn these exercises and also learn more about the disease and the most innovative ways to cope with it.

Nov. 3-Dec. 15

94888 Fri 10:30 a.m.-11:30 a.m. 7 classes

\$42 (R) \$53 (N)

East Boulder Community Center

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Functional Fitness

Exercise will be conducted to maintain strength, balance, range of motion and flexibility. This class will assist you in maintaining the ability to accomplish daily activities, reduce the risk of falling and live independently.

Sept. 12-Oct. 26

94889 Tue/Thu 9-10 a.m. 14 classes

\$84 (R) \$105 (N)

North Boulder Recreation Center

For more options see the weight training section of this class catalog for personal training, weight training classes, Weight Loss through Weight Training and consultation options such as: Nutrition, Physical Therapy, Shoulder Consultations, and Fitness Evaluations.

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Life Measures Lab

The mobile lab will be offering bone density (osteoporosis) screening (\$49), lung function (\$15), body composition (\$49) cholesterol screening (\$35), and new resting metabolic rate testing (\$39). Call the location to make appointment. Walk-ins welcome.

Sept. 12 4-8 p.m. 303.441.3448

South Boulder Recreation Center

Oct. 17 7-11 a.m. 303.413.7260

North Boulder Recreation Center

Nov. 14, 7-11 a.m. 303.441.4400

East Boulder Community Center

Dec. 13 7-11 a.m. 303.441.3448

South Boulder Recreation Center

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Flu shots

Please visit Coloradowellness.com or call 303.738.8301 for any questions.

Tuesday, October 24, 9am - noon and 12:30-4pm

North Boulder Recreation Center,

Thursday, October 26, 9-11am

East Boulder Community Center (Senior Center)

Thursday, October 26, noon-2pm

South Boulder Recreation Center

Fees: TBA

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Life Line Stroke Screening

Stroke is America's third leading killer. It is also the #1 cause for nursing home admissions. Unfortunately, half of all stroke victims have no warning signs before a stroke occurs. Life Line Screening is dedicated to providing the highest quality imaging technology at an affordable rate. Our goal is to make people aware of a previously undetected health

problem and encourage them to seek follow-up care with their physician. You will receive your results in the mail in 12 to 15 business days.

Wed October 25, Approx. 8am-5pm

Call 1-800-643-6075 to schedule your test and for fee information

South Boulder Recreation Center

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Taking the Mystery Out of Menopause and Hormones

Come to this free educational seminar on menopause and hormone replacement therapy. Dispel myths and learn the truth about this condition and its treatment options. Q and A following the presentation. Presented by Dr. David Thayer of the Thayer Group for Women's Care P.C.

Thursday, October 19, noon-1pm

North Boulder Recreation Center

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Physical therapy clinic

October is Physical Therapy Month and local therapists want to do something special for you! Free physical therapy screenings and consultations.

Saturday, October 14 9am-noon

East Boulder Recreation Center lobby

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Wellness Wednesdays Health Education Clinics
Diabetes Education Plus Incorporating Exercise

Interventions for diabetes may improve your health, quality of life, and may reduce your economic burden. Come to this one hour interactive workshop and learn ways to better manage your condition through diet tips and exercises.

Wed Sept 27 7-8 p.m.

East Boulder Community Center

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Heart Health for Women

Heart disease is the number one disease facing women each year in the United States. This lecture will help you identify your risk factors and learn ways to ensure your heart health.

Wed Oct. 11 7-8 p.m.

South Boulder Recreation Center

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Maintain Your Brain

Join this one hour interactive workshop and learn how to maintain your brain. This workshop is for baby boomers who are concerned about their holistic health. Presented by the Alzheimer's Association Colorado Chapter. For more info contact Patricia Holley, Education Coordinator, 303-813-1669

Wed Oct 25 6:30-7:30 p.m.

East Boulder Community Center

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Simple Nutrition: Preventing and managing Type II Diabetes with Integrative Nutrition

Learn how you can integrate diet and lifestyle to improve energy, regain alertness and vitality, reduce or eliminate the risks from Type II Diabetes and Syndrome X and overcome fatigue. Presented by Seth Braun, holistic health counselor.

Thursday, September 28 6:30-8 pm

East Boulder Community Center

Thursday, October 19 6-7:30 pm

North Boulder Recreation Center

Monday, November 13 12-1 pm

South Boulder Recreation Center

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Childhood Obesity

This clinic will help you understand the lifestyle that puts today's children in a weight danger zone. Learn ways to help your children maintain their weight and live a healthy lifestyle. This is an informal presentation/discussion conducted by Colleen Cook registered dietitian

Wed Oct. 18 7-8 p.m.

North Boulder Recreation Center

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Stress Management

Studies show that Americans struggle to lead balanced lives and a vast majority of us are overworked and overstressed. The American college of Sports Medicine estimates that 70% of doctors visits are stress related. Come learn ways to lead a more balanced life so that stress can stop costing you money, and most importantly, your health. Presentation will be given by Boulder Community hospital staff.

Wed Nov. 8 7-8 p.m.

South Boulder Recreation Center

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Chronic Fatigue/Fibromyalgia

Fibromyalgia is a chronic pain illness characterized by widespread pain and debilitating fatigue. Chronic Fatigue Syndrome is so much more than just feeling tired. It is characterized by exhaustion that significantly interferes with a person's daily life. If you feel you or someone you know is suffering from chronic fatigue or pain, please join us for this informative presentation.

Wed Nov. 15 7-8 p.m.

East Boulder Community Center

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Community Classes offered at Boulder Community Hospital include:

Diabetes Management

Free public educational seminars are held at the hospital monthly on the first Wednesday of each month. (September through May) Call (303) 440-2373.

Times: Lecture 7-8 p.m., Support and Social 8-8:30 p.m.

Place: Gene Wilson Conference Room, Medical Pavilion, Boulder Community Hospital, 1155 Alpine Avenue, Boulder.

Fee: No charge

Contact: Marsha Huss (303) 938-3443

Cardiac Rehabilitation Program

Supervised exercise, nutritional counseling and education for people who are at high risk for coronary artery disease or have had a heart attack or heart surgery. Offered at Boulder Community Hospital, Suite 229 in the Medical Pavilion, 1155 Alpine Avenue. Call 303-440-2095 for program information.

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